

Dr. Meera Iyer

Clinical Psychologist & Assistant Professor

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PROFILE

RCI-registered clinical psychologist who researches anxiety and sleep in adolescents and runs a university counselling clinic. Combines evidence-based therapy with school-based prevention programmes.

Research interests: Adolescent anxiety · sleep and screen time · digital mental-health tools · school programmes

RESEARCH EXPERIENCE

Assistant Professor & Clinic Lead · 2019 – Present

Department of Psychology, Bayview University

- Run a counselling clinic that sees 1,200 students a year; built a peer-support network of 60 trained volunteers.
- PI of a school-based anxiety prevention trial across 24 schools.

Clinical Psychologist · 2018 – 2019

Sankalp Child Guidance Centre

- Delivered CBT for children and adolescents; 25 cases a week.

Research Fellow · 2013 – 2018

Coromandel University

- Large survey of 3,000 adolescents on sleep and screen use.

EDUCATION

Ph.D., Clinical Psychology · 2013 – 2018

Coromandel University

Thesis: Sleep, screens and anxiety in Indian adolescents

M.Phil., Clinical Psychology (RCI) · 2011 – 2013

Institute of Mental Health Sciences, Chennai

M.A., Psychology · 2009 – 2011

Coromandel University

First Class

GRANTS, AWARDS & HONOURS

- Research grant, state mental-health mission (2022–2025), ₹48 lakh
- Best Young Researcher, national clinical psychology congress (2021)

TEACHING

- Psychopathology (M.A.)
- Psychotherapy Practicum (M.Phil.)
- Research Methods and Statistics (B.A.)

PUBLICATIONS

- Banerjee, P., Haddad, N., & **Iyer, M.** (2026). New approaches to adolescent screen time and sleep. *Proceedings of the Asian Congress of Psychology*, pp. 568–580.
- Banerjee, P., & **Iyer, M.** (2026). Evidence on parenting stress in urban families. *Journal of Cognitive and Developmental Psychology*, 31(6), 258–277.
- Iyer, M.**, Menon, V., Fischer, A., & Iyer, M. (2026). Understanding adolescent screen time and sleep. *Behavioural Science Review*, 22(4), 561–581.
- Iyer, M.**, Menon, V., & Gupta, R. (2025). Rethinking bilingual executive function. *Journal of Cognitive and Developmental Psychology*, 11(8), 726–734.
- Iyer, M.**, & Okafor, D. (2025). Designing for attention in early childhood. *Proceedings of the Asian Congress of Psychology*, pp. 245–254.
- Okafor, D., & **Iyer, M.** (2025). New approaches to mindfulness for exam anxiety. *Journal of Cognitive and Developmental Psychology*, 35(3), 565–587.
- Iyer, M.**, Menon, V., & Okafor, D. (2024). Rethinking bilingual executive function. *Journal of Cognitive and Developmental Psychology*, 19(5), 778–787.
- Kim, J., **Iyer, M.**, & Gupta, R. (2024). Measuring attention in early childhood. *Journal of Cognitive and Developmental Psychology*, 43(12), 500–514.
- Menon, V., & **Iyer, M.** (2024). Revisiting parenting stress in urban families. *Indian Journal of Clinical Psychology Practice*, 31(3), 185–196.
- Iyer, M.**, & Iyer, M. (2023). A study of adolescent screen time and sleep. *Proceedings of the Asian Congress of Psychology*, pp. 236–244.
- Iyer, M.**, Banerjee, P., & Iyer, M. (2023). Scaling adolescent screen time and sleep. *Behavioural Science Review*, 47(1), 295–312.
- Iyer, M.**, & Sato, Y. (2023). Measuring mindfulness for exam anxiety. *Indian Journal of Clinical Psychology Practice*, 28(12), 70–79.
- Okafor, D., & **Iyer, M.** (2022). Understanding attention in early childhood. *Proceedings of the Asian Congress of Psychology*, pp. 242–254.
- Iyer, M.**, Mensah, K., & Rao, S. (2022). A study of adolescent screen time and sleep. *Journal of Cognitive and Developmental Psychology*, 22(11), 378–386.

CONFERENCE PRESENTATIONS & INVITED TALKS

- Poster: “Scaling mindfulness for exam anxiety”, Proceedings of the Asian Congress of Psychology, New Delhi, 2026.
- Contributed talk: “Understanding digital interventions for depression”, Indian Symposium on Clinical Psychology Practice, Boston, 2026.
- Poster: “New approaches to bilingual executive function”, Behavioural Science Review, Hyderabad, 2025.
- Contributed talk: “Evidence on digital interventions for depression”, Proceedings of the Asian Congress of Psychology, London, 2025.
- Keynote: “Towards bilingual executive function”, Proceedings of the Asian Congress of Psychology, New Delhi, 2024.
- Seminar: “Rethinking digital interventions for depression”, Indian Symposium on Clinical Psychology Practice, Bengaluru, 2024.
- Contributed talk: “Towards adolescent screen time and sleep”, Symposium on Cognitive and Developmental Psychology, Pune, 2023.
- Invited talk: “Revisiting attention in early childhood”, Proceedings of the Asian Congress of Psychology, Melbourne, 2023.

PROFESSIONAL SERVICE

- Member, university Internal Complaints Committee
- Mental-health trainer for 300 school teachers (2020–present)

SKILLS

Clinical: CBT, DBT skills groups, child and adolescent assessment, crisis care

Research: RCTs, SPSS, R, qualitative interviews

Languages: Tamil (native), English, Hindi, Malayalam

REFERENCES

Prof. S. Raman

Head, Department of Psychology, Coromandel University

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Dr. V. Thomas

Director, Sankalp Child Guidance Centre

v.thomas@clinic.example